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Write In Disrespect Habit Logbook: Blank Books You Can Write In

H Barnett

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Write In Disrespect Habit Logbook
Blank Books You Can Write
Paperback Quality - 8 1/2" x6 11, 210 pages

The Write In Disrespect Habit Logbook is an excellent tool for someone who wants to examine their disrespectful habits.

The first step when changing a habit is to have a clear understanding of what you are currently doing. Keeping this logbook gives you a dedicated place to record your actions, triggers and reasons for being disrespectful.

Featuring:

MAKE YOUR OWN - REFERENCES to record contacts, websites or whatever you want to QUICKLY and EASILY find.

DETAIL PAGES - over 125 ruled and numbered Detail Pages to record basic information about your habit. Use the HABIT DETAILS section to record the dates, times, what you do, what your triggers are and what excuses you give to justify yourself.

PATTERN OBSERVATION PAGES to record your observations about your habit.

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From reader reviews:

Winnie Logan:

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Dorothy Waddell:

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Kate Word:

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